

Levy County HCE News



September 2006

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Vera Wilson
Nancy Verville
Barbara Bullock
Eileen Nuce

Agent Advisor

Muriel Turner,
FCS Agent

Dear Members,

I cannot believe that summer is almost over. Well, that depends on what calendar you're looking at!! But weather-wise, maybe the temperatures will start to fall soon!!

Just a reminder that the **Levy County HCE Executive Council** meets Tuesday, September 12, 2006 at 10:00 a.m. at the Levy County Extension Office in Bronson. Presidents and other club representatives are expected and everyone is invited. Please be sure and send someone. We want to get off to a good start at keeping everyone informed and excited about HCE! If someone from your club cannot come, please call Caroline and let her know!!

State Conference is just around the corner – October 9-12. Remember that the deadline for hotel reservation is September 16th and for Conference is September 19th. If anyone wants to go for a day, please let me know immediately. I would suggest Tuesday or Wednesday, but will do any day. We'll need to get out reservations in as well.

Presidents be looking for a letter from Nancy Verville. She'll be discussing the decorations for Fun Night at State Conference. Also, Linda Cochran says that the quilt is done and she'll be bringing it around for you to see.

Medicare D open enrollment will be happening later this year. Be sure and look for the letter. If you need assistance with making a decision to renew or to

change providers, please let me know and we'll run a comparison for you. The early bird gets worm, so don't forget!!

We had a wonderful summer!! We had **two sewing camps** with ten girls each session. Thanks Bunches to Linda Cochran who helped with planning and supplies and actually helped with the second session. We also had a Food, Fun & Fitness camp with approximately 30 in attendance. And, we finished the summer with a Citizenship-Consumer Education camp with approximately 20. Joyce Santos tried to volunteer, but wasn't able.

Which brings up another thought. You all have been great at volunteering in the past. However, last year the county implemented a **youth volunteer screening**. Therefore, if any of you want to work with our youth (and I need you with some of the activities), we must have you complete the screening. It requires you to complete an application and a drug test. Thankfully, you only have to do it once. If you are willing to do this, it will be greatly appreciated. The county will pay for it. We'll be doing it sometime soon for our 4-H leaders and I will let you know the information so that you will not have to travel to Gainesville as Linda did.

So, with that said, let me give you a couple of activities and dates where you will be needed. The **4-H FCS Family Fun Day and Bake Off** will be held on Saturday, October 21st here at the office. We are also planning a **Sewing and Food & Nutrition activity** during each month. I need assistants (people) with each of these. I also hope that you are encouraging your grandchildren, nieces, nephews, and friends to enroll in 4-H. It is a great youth organization!!

I hope that all of you have done well during the summer. I know that some of you have been "under the weather," but it seems as if everyone has gotten better. Thank goodness.

There is one word of sympathy that we need to expend. We lost **Vi Schrader** in mid-July. They did not have any type of service as she has donated her body to the University of Florida. However, I'm sure that some of you will want to send a word of sympathy to her husband and family at her home address.

Take care and I look forward to seeing you soon!

Sincerely,

Muriel G. Turner, FCS Agent
HCE Agent Advisor
UF IFAS Levy County Extension



CLUB NEWS

Bronson Club

Refreshments for our May meeting were provided by Harriett Pedersen, Vera Wilson and Aneta Zinetti.

Our guest speaker, Mark Johnson, shared a lot of information on preparing for a hurricane. His main message was to get out! We all enjoyed his humor and the goody bags.

Also on our program was Slande Celeste from the Health Department, with information on Women's Health. She brought us each a red dress pin. We hope to have them both back again.

There will be no meetings for the summer, but we will meet for lunch each month; in June we will meet on June 15th at 11:00 a.m. at Boondocks in Bronson.

Submitted by:
Dee Olsen



Chiefland Club

Nineteen members enjoyed a pot luck lunch at the home of Joan Rich. After lunch, members enjoyed swimming, games, conversation and fellowship. Our thanks to Joan for her gracious hospitality!

Nancy Verville introduced Elizabeth Floyd, who plans to become a member of our club.

Car-pooling arrangements were made for the May 19th meeting in Starke to plan the District II Annual Meeting on January 18, 2007 and to further plans for the State Conference October 9-12, 2006. Our club will pay registration for Vice President Margaret Norton to attend the State Conference to attend the enrichment programs to share with club members.

We voted to change the October Chiefland HCE Club meeting from the second Tuesday to the third Tuesday so as not to conflict with the State Conference. This will be a permanent change (same as the September meeting).

After a discussion on how to distribute the money raised for charities, it was decided to donate \$200 each to the Marine Corps League (for renovation of a historic house for their meeting place and museum), the Suwannee Valley Players (to encourage cultural arts) and to the Children's Table (to aid in their work furnishing food to the needy). Other charities will be considered in the fall.



Respectfully Submitted,
Caroline Norton, secretary

Curryville Club

We met at the Quilt Museum for a covered dish luncheon. We had lots of fun and good conversation. Winnelle Horne visited the Sheriff's Boys Youth Ranch in Live Oak and told us all about the good work that is going on.

We adjourned our meetings for the summer and will see you in September.

Sincerely:
Linda Cochran, Secretary



Williston Club

Our last meeting before summer break was a very nice luncheon at the Ivy House in Williston. We were joined by three prospective members; Betty, Emma and Sharon. We look forward to their joining us in September.

Since this was a social event, we didn't hold a business meeting, but we did agree to present a gift certificate to Reverend Barry Andrews of the First United Methodist Church. We appreciate all his help, advice and volunteering to act as bus driver for our club trips, and for making us feel welcome when we hold our meetings at the church social hall. Our club will miss him.

We also decided to continue our work days over the summer, as we enjoy the fellowship of getting together and working on projects.



Submitted by:
June Bacorn, Secretary

Hey, Ladies! I hope you all have had a wonderful summer and I can't wait to see you soon. I want to apologize to Curryville for leaving out part of their May newsletter information from their guest speaker, Kathleen Morgan. She provided them with information on heart health, exercise, food portion control and NOT smoking. She also provided them with a website address for a FREE cookbook. Go to www.florida-agriculture.com then click on brochures, pick the cookbook and check off the box that says you want it mailed. They will ask you some questions. It is a really nice cookbook and FREE to Florida residents. She also provided them with a delicious sweet dessert recipe.

Haley

Kathleen's Sweet Desert Recipe

Ingredients:

- 2 (8 ounce) package of fat free strawberry yogurt
- 1 (3 ounce) box Instant sugar free white chocolate pudding
- 1 (8 ounce) tub fat free cool whip
- 1 pound container of fresh or frozen strawberries

Directions:

Stir pudding into yogurt, fold in cool whip. Clean and cut strawberries into small pieces and fold into pudding mixture. Place in refrigerator for 2 hours. 8 to 10 servings and can be stored up to 5 days.

* NOTE: you can substitute any kind of fruit (peaches, bananas, apples, apricots, etc.)

Important Papers and Documents

Paper, paper, paper! It seems like it's everywhere and it just doesn't stop piling up. And for many of us, it's not fun dealing with all the stuff that's important – bank statements, wills, medical and insurance stuff. Last year, we discussed two important items with lots of paperwork – Five Wishes and Medicare Part D. I'm going to continue that thought this year. I'm still trying to get "my house" in order and I know some of you are too. But there are others of you who have everything taken care of. Please be our mentors and gently remind us of things that we should do!!

We should be concerned about those papers because we never know what is going to happen. We do live in Florida and we're always conscious about hurricanes. But there are other disasters, as well. Each month, we'll address a different topic and hopefully by the end of our program year (May), we'll have a little better handle on our important papers.

Papers to keep on your person (wallet or purse)

Personal identification: name, address and telephone numbers. (Remember you must have a photo ID for voting this September.)

Next of Kin or Person to Notify in Case of an Emergency: name, address, telephone number and relationship.

Doctor's Information: name, address and telephone number.

Medical Information: blood type, diseases, prescriptions, insurance information, etc. Make sure you have the exact name and dosage for each prescription you take. You might want to include the brand name and the generic name and the reason you are taking this medication.

Five Wishes or other advance directive, do not resuscitate papers, living wills and/or organ donor card.

Credit Cards: This day and age, you usually need at least one major credit card for emergencies.

Ready Cash: for emergencies.

Driver's License (or picture ID card) and automobile insurance information.

Papers (information) that should be “ready to go” in case of an emergency

Checking Account Numbers and bank information

List of Savings and Investments – CD's, stocks, bonds and mutual funds, IRA's, retirement accounts

Credit Card Information

UPCOMING NEWS

Sept. 12 - Executive Board Meeting, 10:00 a.m., Ag Center

Oct. 4 - Executive Board Meeting, 10:00 a.m., Ag Center

Oct. 9-12 - State Conference, Crystal River.
Ladies, remember that the deadline for hotel reservations is Sept. 16th and the deadline for Conference reservations is Sept. 19th. We are responsible for decorating.

We hope to see all of you at these events!

WELCOME BACK, LADIES